

# Personal Reflection Exercises...

## FUN TIMES BRING BALANCE TO MY LIFE



Fun times bring balance to my life.

In the midst of the challenges of life, I make time to enjoy what is in front of me. Spending time doing entertaining things adds great balance to my life.

During a grueling week of work and responsibilities, I commit to taking some time for myself. Each day is manageable because I make time for light reading. Jumping into a good book is enjoyable for me.

When I emerge from a reading break, my tensions are eased. My mind is ready for another round of challenging activities because I give it rest.

Spending time with friends is a great way to unwind and I make it happen even during these challenging times. Although focusing on my responsibilities is important, I avoid neglecting social activities. **Being around others with like minds allows for shared expressions and unforced interaction.**

I always enjoy going to amusement parks because they allow me to feel like a child again. I look forward to going again soon. Being carefree takes my mind off the seriousness of life.

Having fun allows me to sleep well at night. Doing enjoyable and exciting things makes me laugh and relaxes my mood.

Today, I commit to incorporating fun activities into each day. My life is enriched when I open myself up to various experiences. It is wonderful to be able to enjoy the lighter side of life because it adds balance to my existence and puts all of life's events into perspective.

### ***Self-Reflection Questions:***

**1. What are some fun activities that I enjoy?**

**2. How can I balance solo entertainment with sharing fun times with friends?**

**3. What are some of the triggers that tell me it is time to take a break and let loose?**